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学位論文の要約

論文題目 Examining Emotions and Diversity in Cultural Psychology
 (文化心理学における感情ならびに文化多様性の検討)

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Previous research (Arnett, 2008) has shown that studies in most fields of Psychology are focused on people from the United States. This happens for various reasons, one of these reasons being a belief that there is an universal component to the human psyche, thus for certain phenomena it wouldn't matter if the studies are done with American undergraduate students or people living in remote areas, far from civilisation. Since most researchers in Psychology work inside American universities, where research is usually done, the former ends up being more studied than the latter.

Cultural Psychology is a sub-field of Social Psychology that has challenged this universalistic belief, showing substantial development in the last 30 years, with a series of new theories and studies about how cultural experiences are central to, and inextricably linked with, psychological processing (Heine & Ruby, 2010).

For instance, in their highly influential work, Markus and Kitayama (1991) proposed that the development of the self is directly influenced by culture. A self can be understood as the 'me' at the centre of experience, and a sense of awareness and agency that guides action. It can be an 'independent self', which is independent, autonomous and self-contained, and comprises a unique configuration of internal attributes such as traits, motives, values and abilities, and its behaviour is a consequence of its internal attributes; this self is typical of dominant groups in Western societies. Alternatively, the self can be 'interdependent', in which "the other" or "the self in relation to other" is focal in individual experience, exemplified in Japanese and other Asian cultures, but also present in Latin-American cultures, African cultures, many southern European cultures, as well as minorities in Western cultures.

A self would then influence people's view of the world, cognition, emotions, motivation and so on in different cultures.

To exemplify how different cultures influence the development of emotions, a literature review and discussion about two culturally specific emotions : *amae* (甘え) in Japanese culture, and *saudade* (サウダーヂ) in Portuguese speaking countries was done. *Amae* is a word commonly used in Japan to describe certain episodes of dependence between people, usually between mother and child or within a romantic couple. *Saudade* is word commonly used to express the feeling caused by the distance or absence of someone, something or some situation, it has been resented as a major theme in Portuguese poetry for a long time, and is nowadays commonly found in the lyrics of Brazilian *Bossa Nova*, Portuguese *Fado* and other traditional and popular musical genres in Portuguese speaking countries. Each of these emotions plays an important role in the social life and identity of the country in which it was originated, however they might be present in other cultures but not with a specific name or such importance.

The research presented here is divided in three projects. Together, the projects contribute to the development of Cultural Psychology in several ways: adding to the growing body of research comparing distinct cultures (North America, East Asia, and Latin America); showing a new text analysis method for studying emotions in culture; analysing the field itself in order to better understand how diverse it is; and proposing future directions for the field.

The first project is a quantitative analysis of diversity in Journals in Social Psychology focused on international audience. Titles and abstracts of all available articles from six different journals were extracted from their websites. Variations of names of countries (e.g. 'United States', 'USA'), demonyms (e.g. 'Argentinian', 'Argentine'), and words related to concepts in cultural psychology (e.g. 'independent', 'collectivism', 'culture'). The analysis showed that even in such journals there is not much diversity as one could expect, the United States is the country with way more mentions

than any other country, and in many cases more than other regions; which also means that this country is commonly compared to other countries in cross cultural research, probably being the reference. After this country, China and Japan were highly frequent in several journals, showing that these are probably the countries most often compared to the US in cultural research. Regions such as Africa and Latin America are severely under-represented in the analysed journals. Finally, concepts in Cultural Psychology are not as common as expected.

The second project is about differences between Japanese and North American cultures regarding experience and expression of happiness in shared versus non-shared situations. The hypothesis is that sharing or not sharing an emotional event with others influences both how individuals experience and express their happiness in the events, and that it will work differently across cultures. Japanese, unlike Americans, would feel and express happiness more strongly when the situation involved other people (shared situation) than when it did not (non-shared situation). In Study 1 participants were asked to describe two types of happy events (shared and non-shared) they had experienced, and then asked to indicate how strongly they had felt and expressed their emotions. Results confirmed the hypothesis, Japanese felt and expressed more happiness in shared events, while Americans did not. In Study 2, participants read event descriptions made by participants of Study 1 and reported how they would feel in these events. Results confirmed the hypothesis. The communication function of emotions in different cultures, as well as other implications were discussed.

The third project was done in order to directly contribute to the scarce body of research comparing the cultures of Latin America and East Asia. This project is an analysis of valence in cultural products (song lyrics and news articles) from Brazil and Japan. The text from the cultural products was analysed using a word database that was previously rated in terms of valence (positive, neutral, negative) by participants. Results showed that positivity is more common in

Brazilian cultural products while Japanese cultural products tend to be more neutral. Despite both Latin American and East Asian cultures being considered cultures that foster interdependence, and this influencing how emotions work in social relationships, this project's results show evidence that emotions work in different ways in these cultural groups.

The plurality of the studies presented here add to the field in various lines of research, expanding the scope of future research. However, this is also a limitation of the studies described here, since for a more sound contribution to the field, more studies concerning the same topic or paradigm, with different or slightly different methods are needed.

The research presented here points new possible directions for future research. First of all, more diversity is needed, especially including under-represented regions in the globe, such as Sub-Saharan Africa, the Middle East, Central Asia, and so on. Project three, concerning the comparison between an East Asian and Latin American (also an under-represented region) shows that there are substantial differences in how emotion works in different societies that foster interdependence, also that other differences can be expected in other lines of research. Research including other regions of the globe may drastically change Cultural Psychology.

Secondly, even in well known comparison groups (North America vs East Asia) there are lots to be discovered and studied, project two shows evidence that there is still a lot to be investigated in this cross cultural comparison.

Thirdly, cultural products has been proved to be an effective way of comparing different cultures, project four shows that research can be done with non-physical, on line available cultural products, which can facilitate new research providing data from various places with minimal cost.

In sum, the research presented in this dissertation attempted to expand the scope of current Cultural Psychology, contribute to its literature, show how diverse it is, and encourage future research in this field.